

RULES

1] Minimum age on race day is 14 years for the 10km and 16 years for the 21.1km. 2] Athletes must stay on the right hand side of the road at all times, unless instructed differently by the marshals and Traffic Officers. 3] Age Tags: Participants will be eligible for prizes in the OPEN category and the age category for which they have entered provided the relevant OFFICIAL ASWD age category tag or junior tags is displayed, visible and above license number, front and back. Participants may enter the age category corresponding to their chronological age or any younger category down to SENIOR. (Red age tags / white background ASA Rule 22.9). 4] Athletes must participate in their correct club colours and display the ASA 2018 license numbers on the front and back of the vest, All other runners must display temporary number on front of vest. No advertising allowed. 5] Seconding: No seconding from cyclists or private vehicles will be allowed on the route. Personal seconding, stand and hand rule will only be permitted within the delineated area at water points. (ASA Rule 34.8.2). 6] Athletes must give proof of their age at the request of the Race Referee. (SA ID/Passport/Drivers License/Refugee Permit/Birth Cert). 7] All foreign athletes must comply with IAAF rule 142.2 and 4.2. Foreign athletes must be able to produce a letter from their respective federation permitting them to participate on race day. 8] No Earphones (ASA Rule 34.10.6), Animals (ASA Rule 34.10.1), Racers (ASA Rule 34.10.3), or Wheelchairs (ASA Rule 34.10.4) allowed. 9] The race is held under the rules of ASA and ASWD. All competitors must comply with the rules, regulations and instructions given by officials, marshals and traffic officials. Non-compliance may lead to disqualification. The Race Referee's decision is final. The race organiser reserve the right to accept /reject any entry received.

GENERAL

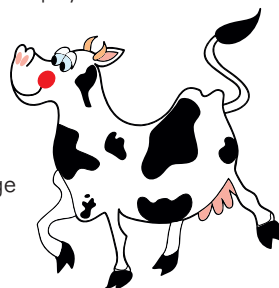
1] Start and finish: Four Brothers Potato Store (R404 – between airport and Blanco). 2] Drinking stations shall be provided at every 3km intervals or more frequently if weather conditions warrant such provision. Powerade shall be available at the finish. 3] Distance markers will be placed at every kilometer. 4] The cut-off time for the 10km is 2 hours and for the 21.1km 3hours 30 minutes. 5] First aid is available at the start and the finish. 6] Ablution facilities will be available at Four Brothers Potato Store. 7] ASWD Licensed athlete take note: Forget your chip – you will have to pay R20 to loan one for the race. Lost your chip – you will have to pay R75 for a replacement chip.

ENTRIES

Online Entries: www.entrytime.com

By Hand: Enter at the following sports shops:

Sportscentre - York Street | Eden Meander Mall, George
Top Gear Sport - George



REGISTRATION AND LATE ENTRY

Late Entries will be accepted on 24 October 2019 from 09h00 till 18h00 at Sportscentre, Eden Meander Mall, George. **NO RACE DAY ENTRIES FOR ALL RACES - except for 5km Fun Run.**

PRIZE GIVING

1] Prize Giving will take place at 10h30 at Four Brothers Potato Store (R404 - between airport and Blanco). 2] Athletes are responsible to collect their own prize money or make alternative written arrangements with the Event Organizer. Failing which prize money is forfeited (ASA Rule 2.10).

RACE RESULTS

www.aswd.co.za | www.raceresults.co.za



THE FARM RUN

26 OCTOBER 2019

10km | 07:00

21km | 07:00

5km | 07:10

fun run



START AND FINISH:

Four Brothers Potato Store | R404 | Between the Airport and Blanco

Entries: www.entrytime.com

Enquiries: 083 376 7414 | 084 591 3497

LATE ENTRIES:

24 October 2019 from 09:00 till 18:00 at Sportscentre, Eden Meander Mall

NO RACE DAY ENTRIES | EXCEPT FOR 5KM FUN RUN



Dis-Chem
PHARMACIES



www.nedbankrunningclub.co.za

Held under the rules of
ASA | ASWD | IAAF



This event is timed by
an electronic chip
NO CHIP - NO RESULT



ENTRY FORM - 5KM | 10KM | 21KM

10Km Licensed Athlete

R55

10Km Unlicensed Athlete

R90

21Km Licensed Athlete

R65

21Km Unlicensed Athlete

R100

5Km Fun Run

R30 (Entries on Race Day Only)

R35 Temp License included for Unlicensed Athlete

Add R10 to the entry fee on 24 October 2019

ADMIN USE ONLY

Chip Number

Temp. Number

First Name

Contact Number

Surname

Email

ID Number

Club Name

Date of Birth

2019 License Number

10M

21KM

Male

Female

Run

Walk

Junior

Open

40-49

50-59

60-69

70+

INDEMNITY / DISCLAIMER

By entering this event I undertake to be bound by the rules and regulations of the event including those of IAAF and ASA. I warrant that I am in good health and aware of the risks and dangers of physical nature of this sporting event, and do not claim ignorance of these risks and dangers. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organizers of the event, all sponsors, persons and organizations assisting in the staging of the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre- and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

SIGNED

DATE

MINOR RELEASE

And I the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and I enter into this Indemnity/waiver on behalf of the minor. Printed name of participant (parent/guardian in the case of a minor).

SIGNED (Signed by a parent/legal guardian if the participant is under the age of 18)

DATE

PRIZE MONEY | 10KM Run and Walk

	MEN/ WOMEN OPEN	MEN/ WOMEN JUNIOR	MEN/ WOMEN 40-49	MEN/ WOMEN 50-59	MEN/ WOMEN 60-69	MEN/ WOMEN 70-79	MEN/ WOMEN 80+	MEN/ WOMEN WALK
1	R300	R100	R100	R100	R100	R100	R100	R100
2	R200	R75	R75	R75	R75	R75		R75
3	R100							

PRIZE MONEY | 21KM Run and Walk

	MEN/ WOMEN OPEN	MEN/ WOMEN JUNIOR	MEN/ WOMEN 40-49	MEN/ WOMEN 50-59	MEN/ WOMEN 60-69	MEN/ WOMEN 70-79	MEN/ WOMEN 80+	MEN/ WOMEN WALK
1	R1000	R150	R150	R150	R150	R150	R150	R150
2	R700	R100	R100	R100	R100	R100		R100
3	R500							
4	R400							
5	R300							

MEDALS | 5KM

Medals to the first 100 Runners | Walkers

MEDALS | 10KM

Gold First 5 Men & Women

Silver Next 50

Bronze Next 140

MEDALS | 21KM

Gold First 5 Men & Women

Silver Next 50

Bronze Next 90

RACE TIMING

An IPICO timing chip will be made available, on a loan basis, to all participants apart from ASWD licensed athletes who are to use their current personalised chips. The chip is to be worn on your shoe for the duration of the event. The loan chips are to be handed back at the end of the race in exchange for a medal. Participants will be held responsible for lost or damaged chips or those not handed back as required. It remains your responsibility to return the chip to the race organizer even in the event of not competing the race.

NO TIMING CHIP - NO RESULT!